

HEALTH REVIEW

Name: _____

SKIN HAIR NAILS

- eczema
- itchy skin
- dry scalp
- oily scalp
- rough, scaly skin
- dry skin
- oily skin
- psoriasis
- yellow skin
- bruise easily
- paper thin nails
- pale skin
- nail biting
- baldness

EYES

- blurring of vision
- double vision
- eyes fatigue easily
- excessive tearing
- lack of tearing
- light bothers eyes
- excessive itching
- pain in eyeball

EARS

- loss of hearing
- pain in ears
- discharge from ears
- vertigo
- ringing in ears

NOSE NASOPHARYNX SINUSES

- unusual nasal discharge
- nose bleeds
- pressure over eyes
- pressure under eyes
- obstruction of nose
- frequent colds
- sinusitis
- nasal allergies
- loss of sense of smell
- any trauma to nose

MOUTH AND THROAT

- pain in mouth
- pain in throat
- bleeding gums
- cavities
- abscessed teeth

- dentures
- difficulty swallowing
- changes in voice

RESPIRATORY

- shortness of breath
- can't breathe while lying down
- can't sleep while lying down
- dry cough
- productive cough
- coughing up blood
- wheezing

GASTROINTESTINAL

- poor appetite
- constant nibbling
- difficulty in swallowing
- indigestion
- can't eat some foods
- nausea & vomiting
- jaundice
- abdominal pain
- change in bowel habits
- diarrhea
- constipation
- hemorrhoids

GENITOURINARY

- urination is frequent
- normal
- infrequent
- the amount is high
- normal
- low
- need to get up at night to urinate
- abnormal intense desire to urinate
- difficulty starting urination
- decreased output
- pain on urination
- dribbling
- blood in urine
- cloudy urine
- lack of bladder control
- abdominal pain

VENEREAL DISEASE

- AIDS
- syphilis
- gonorrhea
- other

SOCIAL HISTORY

- smoking
- other tobacco use
- alcohol use
- drink coffee or tea

diet is balanced
 not balanced

rest is sufficient
 not sufficient

recreation is sufficient
 not sufficient

my family stress is severe
 moderate
 minimal
 none

how do you like your work?
 I like it very much
 It's ok
 I hate it

my job stress is severe
 moderate
 minimal
 none

- nervousness
- irritability
- fatigue
- depression
- generally feel run-down
- crave sweets
- crave salt

WOMEN ONLY

- painful period
- spotting
- vaginal discharge
- premenstrual symptoms
- irregular periods
- lumps in breast

pregnancies _____

of deliveries _____